

Find Dental Care

Oral Health Resources

- ◆ Washington Information Network 2-1-1
Call 211, or visit www.win211.org
- ◆ Parenthelp123 resources page
<https://resources.parenthelp123.org/>
- ◆ Find an ABCD Dentist:
<http://abcd-dental.org/for-parent/find-an-abcd-dentist/>
- ◆ Community and Migrant Health Centers
<http://wacmhc.org/displaycommon.cfm?an=1&subarticlenbr=9>
- ◆ University of Washington Dental Clinics
<http://www.dental.washington.edu/patient/patient-care-guide.html-0>
- ◆ Free Clinic Association
<http://www.wafreeclinics.org/clinics.html>
- ◆ Washington Denturist Association
<http://www.wadenturist.com/findadenturist.aspx>
- ◆ Local CSHCN Coordinator
www.doh.wa.gov/Portals/1/Documents/Pubs/970-141-CoordinatorList.pdf
- ◆ Regional Maxillofacial Team
www.doh.wa.gov/YouandYourFamily/InfantsChildrenandTeens/HealthandSafety/ChildrenwithSpecialHealthCareNeeds/Partners/MaxillofacialTeams.aspx
- ◆ Washington Tobacco Quitline
www.quitline.com
- ◆ CSHCN Dentist Directory (UW)
<http://www.wsda.org/special-needs-directory/>
- ◆ Washington Health Benefits Exchange
<http://wahbexchange.org/>
- ◆ Washington Medicaid and Health Care Assistance
<http://www.hca.wa.gov/medicaid/pages/client.aspx>



DOH 340-178 February 2016

For persons with disabilities, this document is available on request in other formats. To submit a request, please call 1-800-525-0127 (TDD/TTY 711).



Oral Health for Breastfed Infants 0 - 11 Months



Dental disease remains the #1 chronic disease in children.



Breastfeeding is best for your baby's oral health.

Clean your baby's gums and teeth after each feeding or at least twice a day and before bedtime.

Use a moist cloth to wipe teeth or a small soft toothbrush once teeth are visible.

Babies do not need fluoride toothpaste unless recommended by a dental provider or physician.

Once the first tooth is visible take your baby off the breast after feeding.

If your baby uses a pacifier, do not dip it in honey or sugar. Clean the pacifier with water only.

Once your baby begins eating foods or liquids, pay special attention to cleaning their teeth.

Between meals fill a training (sippy) cup with water only (no milk, formula, or juice). Avoid frequent or prolonged use of a sippy cup.

Take your baby to a dental provider by age one or earlier if your baby has teeth.

Lift your baby's lip regularly and look for white or brown spots on the front and back sides of the teeth near the gum line. See a dental provider if you notice any changes.

Moms and caregivers can pass germs that may cause tooth decay to young children through their saliva. Do not share cups and eating utensils, pre-chew food, or put a pacifier in your mouth before giving it to your baby.

The dental provider or physician may recommend fluoride drops, fluoride varnish or a smear of fluoride toothpaste for children younger than two at high risk for tooth decay.